



Vernon Senior Center's

Issue 9

September 2016

Senior Moments

Computer Classes

Chris MacCoy will be teaching a new series of computer classes.

Basic Computer Class: This beginners class will be on Thursday mornings and run for 5 weeks. The class will cover basic computer skills such as using the mouse, going on line, opening folders and navigating Windows.

The class will start on **Thursday, Sept. 8th from 9:30am-11:30am.**

The cost is \$35.00 for Vernon Residents and \$45.00 for non-residents.

Call to register for the classes, space is limited.



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Why We Celebrate Labor Day...

Labor Day was the idea of brothers Peter and Matthew Maguire. Matthew was a labor union leader, who wanted to celebrate the American worker.

The date was chosen because it fell between the Fourth of July and Thanksgiving.

Although that date marks the unofficial end of summer and the beginning of school for the children, we still celebrate it in the same manner as when it first started.

So enjoy your day off and your BBQ's with friends and family!



Health Programs

The next **Blood Pressure and Blood Sugar**

Screening at the Center will be held on

Wednesday, Sept. 14th.

The hours are from
9:00 am — 10:00 am.

Appointments are not necessary. A Visiting Nurse will be on hand to answer any questions that you may have.

Hearing Screening: The next hearing screening will be held on **Thursday, September 15th.** A representative from the Hearing Wellness Center will provide free hearing screenings, check hearing aids & will be available to answer your questions.

Call to set up an appointment.

Foot Care

The Senior Center offers **Foot Care** appointments. Specially trained Registered Nurses will provide a general assessment and then offer any necessary procedures for better foot health! It is essential that you schedule an appointment, so please contact the Center at 860-870-3680. The appointments fill up quickly so call as soon as possible. **Cost \$29. Call now for a list of the next available appointments.**

Zumba and Other Healthy Activities

Zumba

Classes will resume on **Wednesday, Sept. 21st at 1:00pm.** Payment is made to the instructor at the beginning of each class. First class is **Free!** It is **\$5.00** per person or **\$40.00** for a ten-class punch card.



Walking Club: The Walking Club meets on **Mondays at 10:00am at Sacred Heart Church** to walk the rails to trails. This activity requires a higher fitness level & requires being able to walk 3 miles. If you are interested in joining, please call Carol Benoit at 860-454-7449.

Thursday Walking Group is for all levels.

Call Carol Benoit for more information, at 860-454-7449.



Senior Fitness

Senior Fitness is a great way to socialize and stay fit.

The class is on Mondays at 9:30am.

This class will be ongoing, therefore you **don't** need to sign up.

Karen Michaud will collect payment directly. The cost will be \$5 for drop ins or \$40 for a 10 visit punch card.



Memberships

Please take the time to update your membership information sheet. You can pick up a membership sheet at the front desk.

A new form needs to be filled out **only if** there has been a **change** in address, phone numbers, or emergency contact information.

When you have completed the form please return it to the office.

Cards & Games

Bingo—Mondays at 1:00pm

Bridge—Fridays at 1:00pm

Canasta—Wednesdays at 1:00pm

Chess—Tuesdays at 9:30am

Cribbage—Wednesdays at 9:45am

Dominos—Tuesday at 1:00pm & Thursdays at 10:00am

Mah Jongg—Mondays at 9:30am, Thursdays at 1:00 pm

New to Dominos—Tuesday 10:00am

Pinochle—Tuesday & Thursdays at 12:45pm

Scrabble—Tuesdays at 1:00pm

Set Back—Friday at 9:45am

Wii Bowling—Fridays at 12:30pm



Other Opportunities

Wii Bowling:

This activity is offered on **Fridays at 12:30pm.**

Our team is known as the Vernon Alley Cats .

If you are interested in learning how to play Wii bowling or would like to join us please stop by on Fridays.



PO-KE-NO

We would like to know if there is any interest in playing PO-KE-NO. The thrill of Poker and the suspense of Keno.

Please let us know if you are interested.

Movie Matinee

Popcorn and a Movie:

Wednesday, September 7th at 1:00pm.

The feature film is **Miracles from Heaven.**

Based on real-life events, this intriguing drama recounts the story of young Annabel Beam, who suffers from an incurable digestive disorder. But when a string of miracles leads to her complete recovery, Annabel's family and doctors are mystified.

Rated: PG Runs: 1hr 49mins

Popcorn and a Movie:

Wednesday, September 21st at 1:00pm.

The feature film is **Mother's Day.**

Offering an Ensemble tribute to mothers everywhere, this star-studded comedy focuses on an assortment of moms and their intertwining lives as their annual day of recognition approaches.

Rated: PG-13 Runs: 1hr 58mins



Miracles from Heaven

Mother's Day

Please call the center to register for this program so we will know how much popcorn to pop!

Creative Goings On

What interests you?

Would you like to try a new craft?
Is there something you would like to learn how to do?

Do you have a class you might be interested in?

Just call the Center and let us know.

We are open to suggestions.

Learn to Knit & Crochet With Linda

We will be starting a Knit and Crochet Class on
Monday, September 12th at 10:00am.

Linda Benoit will be the instructor. She will collect the \$5 per class from each student. The first class is free.

Crochet & Knitting

Do you like to crochet or knit? We have a very active group & this activity meets weekly. Come and join our knit and crochet group **Wednesdays at 10:00 am.**

All seniors are welcome.

Watercolor Painting Classes with Lynette

Explore the joy of painting florals and landscapes in vivid color using wet in wet and glazing techniques.

Beginner to advanced painters are welcome.

Bring whatever watercolors you have.

Supplies will be discussed at the first class or you can purchase them from Lynette.

Classes will **start on Friday, Sept. 9th from 9:30am-11:30am.**

This class will run for **6 weeks.**

Cost: Vernon residents: \$25

Non-Residents : \$35

Sign-up soon, class size is limited.



For the Sports Minded

Drop In Pool - Men's drop in pool is on **Wednesday & Friday afternoons at 1:00pm.**

It doesn't matter if you are an avid player or a little rusty, all players are welcome. Come and join an afternoon of fun.

If you are interested please stop by.



Ladies Pool - The ladies play pool on **Tuesday mornings at 10:00am.**

Any senior lady who would like to join the group is welcome!

Transportation

Senior Car—The Vernon Senior Center offers rides to seniors for out of town medical and dental appointments. This service is for Vernon residents age 60 & older. You must be ambulatory. Call Sela at the Center to schedule a ride. Rides are available Monday-Friday between 9:00 am & 1:30 pm. **There are no rides on Wednesdays.**

Senior Bus—Our senior bus shopping trips are weekly on Thursdays. The bus travels to Stop & Shop, Kmart & Price Chopper. There are pickups available at the Senior Housing complexes-Grove Court, Sacred Heart, Court Towers, Senior Center, Florence Mill, Windermere Court, Franklin Park, Pitkat Congregate Housing, & Welles Village.

Wal-Mart East Windsor— Friday, Sept. 2nd.

Need a ride to any activity or program at the Center?
Contact Hockanum Valley Community Council 860 - 870-7940
Dial A Ride Services



Senior Center Library

Library books, movies and puzzles are available for seniors from our Senior Center Library. The Library is located on the second floor of the Center in a quiet, cozy corner. We have a wide variety of books on hand for your reading pleasure. Please feel free to come in and check out whatever may be of

interest to you. An added bonus is that you may return the items at your leisure.



All items have been donated.

We would like to thank all library volunteers for helping reorganize the books and puzzles. It looks better everyday!

Advisory Committee

The Senior Center Advisory Committee meets the 4th Tuesday of the month at 9:30am.

The following are the present members: Sally Geer, Roxann Lannon, Ron Kane, William Tyler, Sr., Patricia Iamonaco, Wes Shorts, John Mytych, Carole Slattery and Judy Hany.



Their role is to bring suggestions to the Director regarding activities, programs and senior issues that the members would like to see happen at the Center or see addressed.

The next meeting is **Tuesday, September 27th at 9:30am.**

FYI

Parking At the Senior Center:

We, at the Senior Center, understand that parking can be difficult as we are offering more activities. Therefore, we ask, if possible, that you car pool.

Suggestion Box Your suggestions are always welcome. You will find the box on the table near the coffee on the 1st floor.



Age Requirement Change

The age requirement for **trips** is age 55 and older. For all other activities at the Center, **the age requirement remains at 60 or older.**

The Center offers day trips monthly so watch our calendar.

Music Trivia

A.

Tony and Maria were the lead characters in what Broadway musical that premiered in 1957?

B.

What singer had a hit with *Sixteen Tons* in 1955?

C.

Which smoky-voiced singer sang *Too Young* in 1951?

Upcoming Events at a Glance

The following is a listing of activities and programs for the upcoming month. Check the newspaper, the Town's website and the monthly newsletter for more details as these dates draw near.

October 3rd - Aging Gracefully - JoAnne Harrison-Becker

October 4th - Berkshire's Hidden Gems Trip

October 11th - Body Language - Carolyn Finch

October 26th - Presentation on Advanced Directives - Marilyn Denny



WalMart Bus Trip

The Center is offering a monthly trip on the **Senior Center Bus to WalMart** in East Windsor. The trip is scheduled for the first Friday of the month.

The next trip is on **Friday, Sept. 2nd**. The bus will pick up at the usual bus stops. If you have any questions, please contact the Senior Center.

Please note this bus trip is for Seniors only.

Happy Shopping!

October's shopping trip is **Friday, Oct. 7th**.



Out to Lunch Bunch

The “**Out to Lunch Bunch**” will meet on the first **Wednesday** of this month.

Each month a new restaurant is chosen.

This month the “bunch” is going to **Steaming Tender**, in Palmer, MA., on **Wednesday, Sept. 7th at 1:00pm**.

You will be able to order off the menu and will receive separate checks.



There are pickups available at the Senior Housing complexes - Franklin Park, Court Towers, Grove Court, Florence Mill, Pitkat Congregate Center, and Windermere Court.

Please call or come to the Center to sign up for this fun day out with your friends.

Call now to sign up!

Body Language

Oops! Your Body Language is Showing

Come learn about Body Language Inside and Out!

Our Laugh Out Loud Wellness presenter, **Carolyn Finch**, is back to teach us about what our body language is saying about us.

This presentation is on **Tuesday, October 11th at 1:30pm**.

This event is free.

Please call to register.



What You Should Know

Need A Ride?

Let the Senior Car Driver bring you.

The senior car is for **out of town** medical or dental appointments.

This service is free and available to Vernon residents only, 60 years and older.

You must be ambulatory.

You can call the Senior Center to make an appointment for the senior car, up to four months in advance.



Signing In At the Senior Center:

It is really important that you remember to **sign in** with **both first & last names** and please **sign in clearly**. The Center uses the sign in sheets to determine activities and programs that we sponsor. By not signing in, we do not have an accurate number of participants. Your cooperation in this matter is greatly appreciated.

Caught Doing Something Good

Have you been "Caught Doing Something Good"?

We're talking about those who go out of their way to do something nice for someone.

Perhaps you volunteered to drive a group of seniors to the Center to help on our parking, or maybe you helped someone learn a game -whatever it is we're watching and those that **we** have "**Caught Doing Something Good**" will receive a special coin.

Keep that coin and collect them.

The person with the most coins at the end of 2016 wins a personalized prize.



Sign up Times

We have to advertise our programs and activities well in advance, so our sign up times will not coincide with the publication of the newsletter.

Please watch the **Journal Inquirer** and the **Current Community**.

Once the program is in the paper, on Saturday, the sign up begins the following Monday.



Every leaf speaks
bliss to me,
Fluttering from
the autumn tree.
— Emily Bronte



Up Coming Trips Trip Cancellation Policy

If a person cancels a trip for any reason, NO refunds will be given unless we are able to fill your spot on the trip.

We will call our wait list, if any, and make every effort to fill your spot in order to issue a refund.



Sign ups For Luncheons, Classes or Trips

When you see a class, luncheon or trip that you are interested in, please don't hesitate to sign up. Luncheons and classes fill quickly and usually have a limit.

Trips need a total count the month before, if there aren't enough signed up we may have to cancel. When you call to sign up we will let you know when payment is due.



Berkshire's Hidden Gems

Spend the day in the Berkshires of Massachusetts. The day will allow you to explore some of the "forgotten" gems of the area. We start the day touring the **Berkshire Botanical Garden**. It is 15 acres of public display gardens, both ornamental and functional. You will enjoy lunch at Michael's Restaurant. You can choose one of the following meals: oven roasted roast beef, baked stuffed chicken, or baked Boston scrod. We end the day at the country house of Daniel Chester French. We will explore his house, studio, and his gardens.

Tuesday, October 4th

Cost: \$99 per person

Depart: 8:00am from the Vernon Green Circle Commuter Lot

Estimated return: 6:45pm

Please call as soon as possible to sign up.



Upcoming Presentations

Joint Pain: The Latest Treatment Options

50 million plus people already suffer from arthritis and joint pain. Don't be another one of the statistics left untreated by America's leading cause of disability.

Come learn about all of the exciting new advancements and treatment options that are available in your area, including Mako Robotic Assisted Joint Replacement Surgery.

This presentation will be given by **Dr. Vipul Dua**.

Monday, Sept. 19th 1:00pm

This presentation is free.

Please call to register.



AARP Safe Driving Class

AARP will host a **Safe Driving Class** on **Thursday, Sept. 22nd from 11:30am-3:30pm**.

The cost is \$15 for AARP members and \$20 for non-members. Payment needs to be made by check only on that day. Call now to register, space is limited. Students who take the class may qualify for a discount on their auto insurance.



The course is designed to help you:

- *Update driving skills and your knowledge of the rules and hazards of the road.
- *Learn about normal age-related physical changes and how to adjust your driving to compensate.
- *Reduce your chances of receiving a traffic violation, getting into an accident, or becoming injured.

Aging Gracefully

Jo Anne Harrison-Becker will be presenting another part of her Aging Gracefully seminar. The following topics will be discussed in the hour presentation:

- * An Apple a Day Keeps the Doctor Away
- * Step into this Moment
- * Questions to Ask Your Pharmacist
- * 10 Ways Being nice is Good for You
- * Let a Smile Be Your Umbrella
- * Fun with Words Memory Exercise

When: Monday, October 3rd 10:00am.

This presentation is free. Please call to register.



Special Events & Services

Newcomers

Join us for the next **Newcomers** on **Monday, September 12th** at **1:00pm**, when the Senior Center hosts a tour of the Center for new seniors.

Come in and learn about the programs and activities that are available. Our goal is to offer a wide variety of programs and activities that would be of interest to all seniors.

The Center is always open to suggestions and is willing to try new endeavors to meet the needs of our seniors.

Please note it costs **\$2.00** (Vernon residents only) to join the Center.



“See You in September” Sock Hop

Join us for our “See You in September” Sock Hop!

Bring back those memories of dancing in the gym!!

We will be serving ice cream sodas and snacks.

Wednesday, September 14th at 1:00pm.

This event costs \$2.00 per person.

Please call to register.

Elvis will be in the building!



Birthday Celebration

The Center will be celebrating July, August and September birthdays on **Monday, September 26th at 2:00pm.**

We will be serving Birthday Cake and honoring those seniors who have birthdays in the months of July, August, and September. Even if you don't have a birthday, but would like to honor your fellow seniors, please do not hesitate to join us.



Please call the Center to sign up.

Special Events & Services

Crazy Whist and Pizza Party

The Senior Center is hosting a Crazy Whist and Pizza Party on **Wednesday, Sept. 28th at 12:30pm.**

We will start with the pizza followed by card playing.

Crazy Whist is a fun card game that everyone can play!

Cost: \$7 per person.

You must register for this activity.

All seniors are welcome.



Advanced Directives

Attorney Marilyn Denny, from Greater Hartford Legal Aid, will be giving a presentation on Advance Directives.

She will talk about Living Wills, Health Care Representatives and Power of Attorneys. She will explain what they are, the importance of each of them and how to go about getting them.

Wednesday, October 26th at 1:00pm.

This presentation is free.

Please call to register.



Did You Know.....

Sept. 3rd - The famous novel **Wizard of Oz** was published on this day.

Sept. 7th - On this day in 1915, Babe Ruth hit his first ever home run!

Sept. 14th - On this day in 1814, the Star-Spangled Banner was composed.

Sept. 23rd - In 1846, the planet Neptune was discovered.

September's Puzzle

Aquarium Fish Word Search

Find the names of aquarium fish hidden in the puzzle.

| | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|-----------|
| E | O | X | L | P | J | Q | X | X | Y | Y | L | L | O | M | P | T | ANGELFISH |
| U | F | Q | A | L | W | A | A | R | O | D | Y | R | O | C | H | I | BALASHARK |
| C | I | C | G | J | S | B | K | R | I | B | E | N | S | I | S | G | BETTA |
| Y | U | D | A | N | I | O | K | P | H | L | K | K | A | C | I | E | CARACHA |
| E | V | Y | J | W | R | O | R | U | M | C | S | L | C | A | I | R | CATFISH |
| U | U | B | J | M | J | C | A | F | C | P | A | A | C | T | S | F | CHARACIN |
| Q | Y | T | A | L | P | I | H | F | X | N | R | O | L | F | N | I | CICHLID |
| A | A | V | F | O | J | C | S | E | P | A | R | E | L | I | H | S | CORYDORA |
| N | R | N | J | X | B | H | A | R | C | L | P | G | C | S | D | H | DANIO |
| A | R | D | G | Q | H | L | L | H | S | O | E | A | E | H | B | M | GOLDBARB |
| P | D | S | P | E | V | I | A | Y | R | U | R | C | U | I | R | U | GOURAMI |
| D | Q | X | Q | J | L | D | B | I | L | A | C | G | O | R | A | R | GUPPY |
| E | B | E | T | T | A | F | N | L | H | P | Y | K | P | D | B | E | LEPORINUS |
| Z | A | R | T | E | T | U | I | C | C | P | O | O | E | E | D | V | LOACH |
| Q | Y | I | R | V | S | A | G | S | P | Q | K | I | T | R | L | E | KOI |
| C | I | M | A | R | U | O | G | U | H | R | C | Y | F | T | O | S | KRIBENSIS |
| W | A | G | T | A | I | L | G | R | A | I | N | B | O | W | G | M | MOLLY |

All About Puzzles
puzzles.about.com

A. West Side Story

B. Tennessee Ernie Ford

C. Nat King Cole



Just a Reminder...

The Senior Center will be
closed on Monday, Sept. 5th
for Labor Day

Join us at the Senior
Center for a fun day!

September's Birthdays

Happy Birthday:

Sept. 6 Frederick Nowsch
 Janet McKercher
Sept. 30 Dolores Bouchard



Happy Anniversary:

September 10
Marilyn & Ed Talbot

September 14
Bernie & Karen Futoma



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Note: If you would like
your birthday/anniversary
in the Newsletter, please
inform the Senior Center
Staff.

VERNON SENIOR CENTER

26 Park Place

Phone: (860) 870-3680

Fax: (860) 870-3588

Email: ssaunders@vernon-ct.gov

Website: www.vernon-ct.gov

Hours

Monday—Friday

9:00am—3:00pm

The Vernon Senior Center is committed to assisting Vernon seniors by providing programs that meet their needs and address their concerns.

Our staff includes:

Sela Saunders, Director

Susan Ward, Senior Program Coordinator

Vernon Senior Center
26 Park Place
Vernon, CT 06066

To: